



Andover/North Andover Y Water Exercise Schedule

**Classes require pre-registration at the front desk.*

**All classes located in the Teaching Pool unless otherwise listed.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Senior Aqua (M W) 7:30-8:10a		Senior Aqua (M W) 7:30-8:10a			
	Aquacize (MWF) 8:15-8:55a	Aquacize (T TH) 8:00-8:40a	Aquacize (MWF) 8:15-8:55a	Aquacize (T TH) 8:00-8:40a	Aquacize (MWF) 8:15-8:55a	
	Water Walking (MWF) LAP 9:00-9:40a		Water Walking (MWF) LAP 9:00-9:40a		Water Walking (MWF) LAP 9:00-9:40a	
		Water Workout (T) 9-9:40a	Arthritis H2O (W F) 9-9:40a	Aqua Zumba (TH) 9-9:40a	Arthritis H2O (W F) 9-9:40a	
	Intense H2O (M W) 7:15-7:55p	Aquacize (T TH) 7:15-7:55p	Intense H2O (M W) 7:15-7:55p	Aquacize (T TH) 7:15-7:55p		